



# river valley co-op

wild about local

April 4 –  
April 17, 2018

## discover local

### High Meadows Farm • Putney, VT

A family operated farm established in 1971, High Meadows was Vermont's first certified organic farm. Howard Prussack and his team provide the co-op with herbs, flowers and veggies, and a wide variety of their starts are here just in time for spring!



Find their herb & veggie starts in our Truckload Sale!

See order form inside for details

## fresh specials

ECUADOR/PERU

**CERTIFIED ORGANIC & FAIR TRADE**

**BANANAS**

**79¢** lb



co-op basics

MEXICO

**CERTIFIED ORGANIC**

**MANGOES**

**4/\$5**



SAVE \$6.96

USA/MEXICO

**CERTIFIED ORGANIC**

**STRAWBERRIES**

**\$4.99** 16 oz



SAVE \$3.00

MEXICO

**CERTIFIED ORGANIC**

**BRUSSELS SPROUTS**

**\$3.99** lb



SAVE \$4.00

USA

**CERTIFIED ORGANIC**

**GREEN KALE**

**\$1.99** bunch



SAVE \$1.00

from wine & cheese

LE PIVE • France  
**ORGANIC ROSÉ**  
**\$11.99** 750 ml  
 SAVE \$3.00

LE BIO BALTHAZAR • France  
**ORGANIC RED BLEND**  
**\$9.99** 750 ml  
 SAVE \$2.00



AYINGER  
**GERMAN BEER**  
*Bräuweise or Bavarian Pils*  
**\$9.99** 4 pack  
 SAVE \$3.00

PEOPLE'S PINT • Greenfield, MA  
**LOCAL BEER**  
*All 22 oz & 500 ml varieties*  
**\$1.50 OFF**

RUMIANO  
**CERTIFIED ORGANIC ALL CHEESES**  
**\$3.99** 8 oz  
 SAVE \$2.00

CYPRESS GROVE  
**MIDNIGHT MOON GOAT CHEESE**  
**\$14.99** lb  
 SAVE \$10.00

WOOLWICH DAIRY  
**TRIPLE CRÈME GOAT BRIE**  
**\$5.99** 6.5 oz  
 SAVE \$3.00

PEOPLE'S BAKERY • Adams, MA  
**BREADS & ROLLS**  
**20% OFF**

discover river valley co-op

wild about local

fresh meat & seafood

FREEBIRD  
**WHOLE CHICKENS**  
*Antibiotic & Hormone Free*  
**\$2.49** lb  
 SAVE 50¢

FARMER'S MARK  
**LAMB SHOULDER BLADE CHOPS**  
*Antibiotic & Hormone Free*  
**\$7.99** lb  
 SAVE \$2.00

MEYER NATURAL ANGUS  
**HANGER STEAK**  
*Antibiotic & Hormone Free*  
**\$8.99** lb  
 SAVE \$2.00

HOUSE-MADE  
**GROUND PORK**  
*Antibiotic & Hormone Free*  
**\$5.99** lb  
 SAVE \$1.00

APPLEGATE NATURALS  
**GLUTEN FREE CHICKEN BREAST TENDERS**  
**\$4.99** 8 oz  
 SAVE \$1.00



WILD CAUGHT  
**FRESH COD FILLET**  
**\$14.99** lb  
 SAVE \$1.00

WILD CAUGHT  
**RAW SHRIMP**  
*Peeled & De-veined 21-25 ct*  
**\$11.99** lb  
 SAVE \$1.51

DUCKTRAP RIVER OF MAINE  
 Belfast, ME  
**SAVORY SMOKED HERB MACKEREL**  
**\$6.99** 6 oz  
 SAVE \$1.00

bulk savings

ESSELON • Hadley, MA  
**GUATEMALAN COFFEE**  
**\$8.99** lb  
 SAVE \$2.00

TIERRA FARM • Valatie, NY  
**CRANBERRY CASHEW PECAN GRANOLA**  
**\$6.99** lb  
 SAVE \$1.40

**WHOLE NATURAL ALMONDS**  
**\$5.99** lb  
 SAVE \$1.80

**CERTIFIED ORGANIC PITTED DEGLET DATES**  
**\$4.39** lb  
 SAVE \$2.00

**CERTIFIED ORGANIC SUGAR**  
**\$1.29** lb  
 SAVE 70¢

**CERTIFIED ORGANIC SHREDDED COCONUT**  
**\$3.39** lb  
 SAVE 60¢

from the deli

MADE-TO-ORDER  
**BÁNH MÌ**  
*Pork or tofu dressed with house-made Vietnamese BBQ sauce, served with mayo, pickled daikon, jalapeños, cucumbers, cilantro, and mint on a baguette*



\$7.99 ea

HOUSE-MADE  
**VEGAN SWEET POTATO SALAD**  
**\$6.99** lb  
 SAVE \$1.00

MCCADAM  
**MUENSTER CHEESE**  
*Sliced-to-Order*  
**\$5.99** lb  
 SAVE \$2.00

wellness

OLLOIS  
**ARNICA PELLETS**  
*Assorted Varieties Vegan • Homeopathic*  
**\$5.99** per tube  
 SAVE \$2.00



NATURAL FACTORS  
**CHEWABLE MELATONIN IMG**  
*Promotes more restful & natural sleep*  
**\$4.99** 90 ct  
 SAVE \$2.00

ACURE  
**MICELLAR WATER TOWELETTES**  
*With rose & cucumber*  
**\$4.99** 30 ct  
 SAVE \$2.99

## calendar of events

### TUESDAY, APRIL 10, 6:30-8PM

#### Free Workshop

Cleanse Clinic with Beth Goren.

Pre-registration is required. Stop by Customer Service or call 413-584-2665 to sign up.

### FRIDAY, APRIL 13, 5-7PM

#### Northampton Arts Night Out

Opening reception for the 2018 Teen Art Show!

Live music by Celia's Voice Studio.

Everyone is welcome!

### TUESDAY, APRIL 17, 6:30-7:15PM

#### Free Workshop

Resilient Immunity with

Hart Brent. Pre-registration is required.

Stop by Customer Service or call

413-584-2665 to sign up.

### FRIDAY, APRIL 27 – MONDAY, APRIL 30

#### Spring Truckload Sale in our parking lot

Huge savings on full cases of everyday items!

Pre-orders are accepted. Everyone is welcome!



## river valley co-op

330 North King Street  
Northampton, MA 01060

On Routes 5 & 10, just south of I-91 Exit 21

(413) 584-2665

info@rivervalley.coop  
www.rivervalley.coop

Open daily 8am–10pm  
Everyone is welcome!

Follow us on Facebook:  
River Valley Co-op

and on Twitter and Instagram  
@rivervalleycoop

Printed with non-toxic, water-based ink  
on paper that contains 40% recycled fiber.

## Baked Cod with Chorizo & White Beans

Makes 4 servings

### INGREDIENTS

1 tsp extra-virgin olive oil  
1 shallot, finely chopped  
2 oz Spanish chorizo, or turkey kielbasa, diced  
1 tsp chopped fresh thyme  
1 pint grape tomatoes, halved  
1/2 cup dry white wine, divided  
1 15-oz can great northern beans, rinsed  
1/2 tsp salt, divided  
1 1/4 lbs Pacific cod, cut into 4 pieces  
Freshly ground pepper, to taste

### DIRECTIONS

Preheat oven to 425°F. Coat a 9-by-13-inch baking dish with cooking spray.

Heat oil in a medium saucepan over medium-high heat. Add shallot, chorizo (or kielbasa) and

thyme and cook, stirring, until fragrant, about one minute. Add tomatoes and 1/4 cup wine. Cook, stirring occasionally, until the tomatoes are broken down and the wine is almost evaporated, 2-4 minutes. Stir in beans and 1/4 teaspoon salt and remove from the heat.

Sprinkle fish with the remaining 1/4 teaspoon salt and pepper; place in the prepared baking dish. Top each piece of fish with equal amounts of the tomato mixture (about 1/2 cup per fillet). Pour the remaining 1/4 cup wine into the pan and cover the pan with foil. Bake until the fish is just cooked through, 15-20 minutes. Serve the fish with the sauce spooned over the top.

April 27–30  
8am–10pm every day

spring

# Truckload Sale

and our 10<sup>th</sup> birthday celebration!

# SAVE UP TO 58%

## ON FULL CASES OF EVERYDAY ITEMS

GROCERY & BULK • MEAT & SEAFOOD • WELLNESS SUPPLEMENTS  
BEER & WINE • LOCAL PLANT & FLOWER STARTS • AND MORE!



→ LOCK IN YOUR SAVINGS! ←

Pre-orders accepted until April 22<sup>nd</sup>

All items are **while supplies last**, so order today to make sure you get the products you want!

Order form available inside this flyer, on our website, and the Customer Service desk